



Coordinators' Communique

State Health Plan Prevention Partners

February 2002/March 2002

Dear Prevention Partners Coordinator:

Attention Worksites!

While many worksites make a Preventive Worksite Screening an annual event, there are still worksites that have yet to even hold a screening. If you are one of these worksites, I would like to encourage you to take advantage of one of the best benefits of the State Health Plan. The screening will include:

Health Behavior Risk Appraisal

- Family history
- Lifestyle information
- Clinical/medical data

Blood pressure measurement

Body height/weight measurement

Blood Chemistry Profile

- Blood Urea Nitrogen (BUN) and creatinine tests to help assess kidney function
- Glucose to assess risk for diabetes
- Electrolytes

Hemogram

- Red/white blood cell levels
- Hemoglobin concentration – number chemical compounds which transport oxygen to and carbon dioxide from the body's tissues and organs
- Hematocrit amounts – number of red blood cells in entire blood stream

Blood Lipid Profile

- Total cholesterol
- High density lipoproteins (HDL)
- Low density lipoproteins (LDL)
- Triglycerides

In a healthcare setting you would pay an average of \$200 for a comprehensive health screening like this. But for subscribers of the State Health Plan, the cost is only \$15. The State Health Plan pays the rest!

And within two weeks of your screening, you will receive your personal health profile, highlighting any values outside the normal range. You can even send this report to your physician or take a copy with you on your next doctor's office visit, which will save you money and keep you from duplicating tests.

If you would like to bring a Preventive Worksite Screening to your worksite, simply call our office at (803) 737-3820 and ask us to fax you a screening request form.

Preventive Worksite Regional Screenings

For those who would like to participate in one of our regional screenings, the next two scheduled dates are as follows:

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|---------------------|------------|-------------------------|
| • February 20, 2002 | Charleston | Trident Health District |
| • March 20, 2002 | Aiken | USC Aiken |

Registration forms can be obtained from our website, www.ois.state.sc.us. For more information or to have a registration form faxed to you, contact Elliott McElveen at (803) 737-0112.

Chronic Disease Workshops

We have one chronic disease workshops coming up in the near future. These workshops are open to all employees, their dependents and retirees. The workshops currently scheduled are as follows:

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|-----------------|-------------------|----------|------------------------|
| • Healthy Heart | February 12, 2002 | Columbia | 12:00 p.m. - 4:30 p.m. |
|-----------------|-------------------|----------|------------------------|

Registration forms for any of our chronic disease workshops can be obtained from our website, www.ois.state.sc.us. For more information on these workshops, contact Ramsey Makhuli at (803) 737-3823.

Coordinated School Health Programs

Teaching kids how to take care of themselves is the best way to ensure they become healthy adults. That's why Healthy Schools/Healthy South Carolina Network and the American Cancer Society support Coordinated School Health Programs.

School health isn't just about what's taught in the classroom. It's about creating policies and programs that promote healthful living and reinforcing healthy habits in our children every day so they can succeed. To join the Healthy Kids Network, call (803) 750-1693 or email HSN2@aol.com

FYI

As of January 17, Prevention Partners has a new home. We are still in the SouthTrust Building (formerly the Affinity Building), but our offices are now in Suite 830. So if you plan on stopping by or are sending anything to us, please remember this change. Our new address is as follows: Prevention Partners, 1201 Main Street, Suite 830, Columbia, SC 29201.

Contents of this month's mail-out are:
February/March Coordinators' Communiqué
February Bulletin Board Service
March Bulletin Board Service